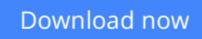


## Mental Health Recovery Heroes Past and Present: A handbook for mental health care staff, service users and carers

Sophie Davies, Elizabeth Wakely, Sarah Morgan



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This groundbreaking new handbook examines the concept of personal recovery through the narratives of, and interviews with, people from all walks of life who have embarked on a recovery journey and thus might be considered heroes.

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